

HEALING IS POSSIBLE!

Healing takes time and sometimes the process is scary and overwhelming. With support and time, you can heal.

Learning to process and work through your emotions can be helpful during the healing process. This can be done by utilizing different coping strategies including:

- ◇ *Journaling*
- ◇ *Breathing techniques*
- ◇ *Exercising*
- ◇ *Talking to someone*
- ◇ *Drawing*
- ◇ *Reaching out to community advocates*
- ◇ *Guided imagery*
- ◇ *Art*
- ◇ *Writing poetry*
- ◇ *Meditation*
- ◇ *Stating positive affirmations*
- ◇ *Remind yourself that being sexually assaulted is not your fault and there is no right way to react*



140 W. Nittany Avenue
State College, PA 16801

Serving victims and survivors of dating & domestic abuse, sexual abuse and/or stalking, inclusive of all gender identities and sexual orientations.

Interpreters are available

This project was supported by Grant No. 2015-WL-AX-0038 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women. The information provided herein is for information only and does not constitute legal advice.

INDIVIDUAL COUNSELING AND
SUPPORT GROUPS ARE
AVAILABLE AT CCWRC

**FOR MORE INFORMATION CALL
THE CCWRC AT 1-877-234-5050
AND ASK TO SPEAK TO A
COUNSELOR**



**PROTECTION
ORDERS**
(PFA, SVPO, AND
PFIO)

**FOR VICTIMS OF
ABUSE, SEXUAL
VIOLENCE, &
INTIMIDATION**

*A Protection Order
may provide victims of abuse,
sexual violence, or intimidation a
civil remedy that requires the
offender to stay away from the
victim regardless of criminal
charges being filed.*

***Free legal assistance
may be available***

WHO CAN GET A PROTECTION ORDER?

Victims of sexual violence, and minors who are victims of harassment or stalking by an adult, who have not had an intimate partner or family or household member relationship with the abuser may apply for a **Sexual Violence Protection Order (SVPO)** or a **Protection from Intimidation Order (PFIO)**.

Victims of abuse, sexual violence and intimidation who have had an intimate partner or family or household relationship with an abuser may instead apply for a **Protection from Abuse Order (PFA)**.

Under the law, an intimate partner or family or household member is defined as those who are spouses, ex-spouses, parents and children, certain relatives, and current or former sexual or intimate partners. The agencies listed in this pamphlet can help you determine which type of order is appropriate based on your situation.

WHAT TYPES OF RELIEF MAY A PROTECTION ORDER PROVIDE?

For a period of up to three years the Protection Order may:

- Prohibit the offender from having any contact whatsoever with the survivor;
- Prohibit the offender from entering the survivor's residence, place of employment, business, or school;
- Prohibit indirect contact with the survivor or through third parties;
- Any other appropriate relief

WHAT ARE THE PENALTIES FOR VIOLATING A PROTECTION ORDER?

A perpetrator convicted of violating a protection order can be sentenced to pay a fine of up to \$1,000 and serve up to six months in jail.

WHAT ACTS OF SEXUAL VIOLENCE ARE COVERED BY AN SVPO?

Under the law, sexual violence is defined as conduct constituting a crime under any of the following provisions, against persons who are not intimate partners, family or household members:

- Most sexual offenses
- Endangering welfare of children, if the offense involved sexual contact with the children
- Corruption of minors of a sexual nature
- Sexual abuse of children. This crime refers to pornographic depiction of children for a sexual purpose.
- Unlawful contact with minors
- Sexual exploitation of children

WHAT ACTS OF INTIMIDATION ARE COVERED BY A PFIO?

Intimidation is defined as conduct constituting a crime under the following and between persons who are not intimate partners or family or household members:

- **Harassment** or **Stalking**—where the conduct is committed by a person 18 years of age or older against a person under 18 years of age.

WHERE DO I FILE FOR A PROTECTION ORDER?

A petition for a protection order can be filed in the county:

- Where the victim/plaintiff resides;
- Where the abuser/defendant resides; or
- Where the abuse occurred

HOW DO I FILE FOR A PROTECTION ORDER?

Each county's process may be a bit different. Please contact your county's local Rape Crisis Center, Domestic Violence Program, or your county's courthouse to learn more about the filing process.

**In Centre County, call the Centre County Women's Resource Center at:
1(877)234-5050**

AM I ELIGIBLE FOR FREE LEGAL ASSISTANCE?

To see if you are eligible for free legal assistance, please call the CCWRC for a referral to the **Civil Legal Representation Project (CLRP)** - Call **1(877)234-5050**

The **CLRP** provides free legal assistance, advice, and representation to victims of abuse, sexual violence, and intimidation.

ADDITIONAL RESOURCES FOR PENN STATE STUDENTS

In addition to the **CCWRC** and **CLRP** listed above, Penn State students may also contact the following for assistance:

Office of Student Conduct
814-863-0342

Center for Women Students
814-863-2027

LGBTQA Student Resource Center
814-863-1248

Student Legal Services
814-867-4388

Title IX Office
(814) 867-0099